



## **"BREASTFEEDING AND WORK, LET'S MAKE IT WORK!"**

Join the global effort to support working mothers and breastfeeding!

Here are some ways CACFP can celebrate World Breastfeeding Week 2015:

CACFP sponsors can:

- Share tips on creating a breastfeeding-friendly environment.
- Showcase ways their facilities welcome breast feeding mothers.
- Promote breastfeeding in August newsletters, emails, and other communication tools.



CACFP child care centers and homes can:

- Remind mothers about the benefits of breastfeeding their babies.
- Encourage working mothers to continue breastfeeding.
- Create a bulletin board promoting breastfeeding. See Healthy Meals Resource System's "**Bulletin Board Resources**" and the **WIC Bulletin Board Exchange** for fun and easy ideas!
- Write a note of "thanks" to mothers from their breastfeeding babies.

For more information on Breastfeeding and CACFP, visit the **Infant Feeding** page of the **CACFP Wellness Resources for Child Care Providers** Web site.

<http://www.fns.usda.gov/team-nutrition>



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